

Auburn Ski Club Training Center COVID-19 Protocols

Nevada County Stage 3 Plan effective June 12th, 2020

The following measures have been developed by Auburn Ski Club Training Center (ASCTC) to comply with the State of California and Nevada County Stage 3 guidelines. The health and safety of our employees, athletes and guests while participating in ASCTC programs and at our ASCTC facility is our primary goal. ASCTC acknowledges the risk of COVID-19 cannot be completely eliminated. However, the strict adherence to these best practices, in compliance with the State of California and Nevada County guidelines, will allow the responsible return of ASCTC programs.

This Stage 3 operating plan will be communicated to staff and athlete participants via the website, email, and through in person training. Signage will be placed throughout ASCTC to educate and remind staff and athletes of these guidelines. This COVID-19 response is an evolving plan and is subject to revision and change at any time.

A. All Employees:

To safely perform essential functions on ASCTC property, employees must understand and abide by the following protocols:

- Employees experiencing symptoms (shortness of breath, cough, fever), have family members experiencing symptoms, or have knowingly been exposed to COVID-19 are required to stay home and immediately notify their supervisor and all currently working staff they may have come in contact with via email. Please see Nevada County's website for more information on signs and symptoms.
- Employees who are not essential to daily ASCTC operations may choose to work from home and should refer to the employee handbook for work at home requirements.
- Each employee must take responsibility to maintain six feet of separation from others at all times. Cloth facemasks must be in your possession and worn covering nose and mouth when in close proximity to others. Wash hands and/or apply hand sanitizer frequently. Do not share equipment, pens, papers, radios, phones, or desks.
- Stay out of other staff offices. Stop outside doorways to communicate. Meetings with other employees or athletes should take place electronically or, if necessary, in open spaces or outside.
- Work functions around ASCTC will be spread out and staggered when possible. Tasks that require two or more people to complete will be postponed. One staff member should complete tasks from beginning to end. Do not trade off.
- No family, friends, or unauthorized employees may be on-site.
- Identify high contact touch points in your work area and the availability of cleaning supplies to regularly clean these touch points. Touch surfaces include, but are not limited to: desks, door handles, tools, kitchens surfaces and utensils, restroom surfaces, steering wheels, stairwells,

keyboards, snowmobiles, etc. When possible, doors and windows will remain open for ventilation. HVAC system will be set to ventilate the building during working hours.

- Coaching staff in regular contact with TC athlete participants must maintain proper PPE and distancing protocols.

B. Day Camp Athletes:

- Athletes will self-assess their health prior to arriving at ASCTC. Athletes experiencing symptoms (shortness of breath, cough, fever, etc.), have family members experiencing symptoms, or have knowingly been exposed to COVID-19 are required to stay home and immediately notify their coach. Please see Nevada County's website for more information on signs and symptoms.
- Coaches will question athletes upon arrival about their health and if symptoms are identified athletes will return home. Non-contact temperature checks may be taken. Coaches will keep daily attendance records and health check notes.
- Athletes will prepare for training at their personal vehicles. Only the restrooms will be accessible. No transportation will be provided by ASCTC.
- Group size will be a maximum of 10. Times and locations will be staggered.
- Athletes will maintain 6' of distance (think two ski pole lengths) from others. Cloth masks will be in possession and worn when in close proximity to others. Masks must be worn when accessing the ASCTC building and restrooms.
- When roller skiing or running, athletes will maintain a distance of 30' from others.
- No sharing of objects, including equipment, balls, poles, rifles, water bottles, food, etc. Water bottles should be filled at home.
- Biathlon Range Protocols:
 - Range availability will be broken into six weekly first-come-first-serve time slots. Time slots will be Wednesday, Friday, and Saturday from 7:00am to 8:30am, then from 8:30am to 10:00am.
 - RSVPs to practice will be done via SportsEngine. Check the team calendar to RSVP (no RSVPs will result in the range being closed for that session).
 - A maximum of seven athletes are allowed to be present on the range at one time.
 - Only odd numbered points will be used to ensure social distancing.
 - Athletes must disinfect their mat at the end of practice. Cleaning materials will be provided.
 - Masks and social distancing are required on the range.

C. Training Center and Building Access:

- The ASCTC property, including Boreal, will be closed to the general public. Employees, TC athletes, and authorized guests will use the gate access code #3313. The code is not to be publicly advertised and must not be shared with others.
- With the exception of the restrooms, the Training Center (TC) building and shop will remain closed to TC members. TC members requiring assistance are encouraged to call or email staff and, if necessary, make an appointment to meet with staff while maintaining social distancing and wearing a face covering. Only current working staff are allowed in the office and conference room areas.
- Restrooms: During day camp training sessions, restrooms will be open to members. Masks must be worn in the building at all times. Restroom use will be one-at-a-time (by gender): if the door is closed the restroom is occupied, if open the restroom is unoccupied. Restroom door will remain open unless occupied.
- The green building fitness equipment may be used during day camp sessions only under coaches' supervision. Doors will remain open for ventilation, equipment will be spread-out a minimum of 12' feet apart and if possible placed outside. Each user will be instructed to take personal responsibility for sanitizing touch surfaces before and after each use.
- Prior to and after sessions, coaches will sanitize all touch surfaces in the building and equipment that members and staff will come into contact with.

D. Response and Reporting:

- Staff or members who exhibit symptoms will immediately be required to wear a face mask and will wait in an isolation area until they can be transported home or to a healthcare facility as soon as practicable.
- In the case of a positive COVID-19 case, ASCTC will notify local health officials, staff, and athletes immediately while maintaining confidentiality as required by state and federal laws. In consultation with the local public health department, ASCTC will implement deep cleaning and disinfection of the buildings and enforce a 14-day temporary closure.